

Instructions

Write your name and the month on the lines provided. Each day that you walk for exercise, record the number of miles walked.

For example, if the first day of the month is a Wednesday and you walked for two miles, fill in two in the box in the first column on the third row.

NOTE: Due to lack of space, we are not able to save your workout sheets. If you want to have a record of your workouts, we suggest that you either make a copy of the Workout Record Sheet before you send it to us or write a note on the Workout Record Sheet letting us know you want it back. If there is not a note on the Workout Record Sheet, then it will be thrown away after the miles have been tallied.

Workout Record Sheet

Name: _____ Month: _____

Month Total: _____ Grand Total: _____

	Week 1	Week 2	Week 3	Week 4
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				